



# Family and MWR Bulletin Board

## May 2012



### To Do List

1. [Get CYSS info on FCC providers, NAC-CRAA, Childcare etc.](#)
2. Start training for "Run for the Fallen" 5K run or 3K walk Saturday, 9 June  
[More info](#)
3. Send Mom flowers on Mother's Day (13 May)

### 2012 AER Campaign runs 1 March—15 May



Army Emergency Relief's sole mission is to help Service Members and their dependants.

[Click here to send an email](#) to the Parks RFTA AER point of contact. Or call (925) 875-4678

Have you got a skill or talent you want to share with kids? Sign up to be a CYSS [SKIES](#) instructor or [Family Childcare \(FCC\) Provider](#)

Tips for Time Management  
29 May  
1130-1230  
[More info](#)

Honey - Please find a better place to store the RV! - call the Parks Recreation center at (925) 829-1912 (they have an RV lot!)



[Click here for more info](#)

Spouses, Veterans, Reservists: Need a new career? **Employment Readiness Workshops** 10 and 24 May  
[More info](#)

PRFTA Family and MWR now has [our own facebook page](#) up and running. Get all the latest info on events and activities right here:



And don't forget to "like" us!



Send us an email:  
[Pao.parks@us.army.mil](mailto:Pao.parks@us.army.mil)

### Recreation Center Calendar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

[Click Here for Details!](#)

### Fitness Center Calendar

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

[Click Here for Details!](#)



# Time Management



## Not Enough Time in Your Day?

If you can make it to this we class, we can help you with tips and techniques for managing the time you DO have.

### Time Management Class

Thursday, 29 May 1130-1230

Army Community Service conference room, Bldg 312  
(corner of 9<sup>th</sup> and Davis)



Provided by Parks Reserve Forces Training Area  
Family Advocacy Program  
Call: (925) 875-4422 or just drop into the class



# Employment Readiness

## Reservists, Guard, Military Spouses & Veterans

- Do you want a Road Map for Your Job Search?
- Do you want to present yourself in a way that gets the employers' attention?
- Do you want to get yourself into a career that satisfies you?

**It's a Marketing Campaign and YOU are the Product!**



At the supermarket, there are hundreds of boxes of cereal. An employer gets hundreds of resumes. How can you get them to pick you? You have a big advantage over those boxes of cereal. Come to the workshops and find out what it is.

**Thursdays: 10 and 24 May 2012  
1130 – 1230**

**ACS Conference room  
Bldg 312, corner of 9<sup>th</sup> and Davis**

Provided by PRFTA Army Community Service  
Call (925) 875- 4678 for more information  
Or just drop into the class



For more info on any Army Community Service Class please call (925) 875-4678/4422



# Looking for Quality, Affordable Childcare?

Child, Youth & School Services (CYSS) has what you need with Family Child Care (FCC).



## FCC is an option of choice for many families:

- ♦ It is conveniently located in the neighborhood.
- ♦ Providers undergo rigorous training and background checks.
- ♦ It is more than babysitting! Providers follow a curriculum that offers a wide variety of developmental activities geared towards the child's individual needs.
- ♦ The FCC home ratio group is small with no more than six children in care.
- ♦ Providers hours are more flexible.

Call CYSS (925) 875-4287 for more info.



Childcare subsidies for Military Families.

[Click to find out more information.](#)



More info on CYSS, SKIES and FCC programs on next page





CYSS' Family Child Care Program is Recruiting:

# School-Age Providers

To provide before and after-school care to youth in a  
**School-Age Family Child Care Home.**



## Benefits:

- Earn income while staying at home.
- Morning and evening work hours leaves the middle of the day free.
- All necessary training is provided by CYSS free of charge.
- Multiple opportunities for professional growth.

**Call (925)875-4388 for more information.**

**SKIES Unlimited**  
Schools of Knowledge, Inspiration, Exploration & Skills

# INSTRUCTORS NEEDED

Do you have a talent you would like to share with the youth of our community?

**Become a SKIES Instructor today!!**

Contact CYSS  
**(925) 875-4388**  
For more info.

Make your own schedule!  
Bring your kids to work!







# Parks RFTA Run for the Fallen

Saturday, 9 JUNE



The patriot's blood is the  
seed of Freedom's tree.

~Thomas Campbell

This year Parks Reserve Forces Training Area kicks off the Army Birthday month with a 5K run and 3K walk honoring all Service Members who have been killed or injured in armed conflict.

Run for the Fallen began a collective of runners whose mission was clear and simple: To run one mile for every American service member killed in Iraq.

On June 14, 2008, they ran across America to raise awareness about the lives of those who fought, to activate their memories

and keep their spirits alive, to support organizations that help wounded veterans and the families of those killed (Wounded Warrior Project, Yellow Ribbon Fund, HUGSS (Helping Unite Gold Star Survivors), and the 1st Lt. Michael J. Cleary Memorial Fund), and to aid the healing process for those Americans whose lives have been affected by the war. They refuse any political affiliation or agenda, but simply honor those who have fought, and those who have fallen under the American flag.



**Call the PRFTA Fitness Center at (925) 875-4392 to register!**





# Family & MWR RV & Boat Storage

- Affordable Rates
- 24/7 Access
- Secured Lot

FOR RENTAL INFORMATION, CALL THE REC CENTER AT  
(925)829-1912



## WELCOME

PRFTA lodging is the only military lodging operation in the Bay Area, and is available for service personnel, their guests or dependents, retirees, civilian employees on TDY orders, and other authorized DoD travelers.

## GUESTS

We are dedicated to our customers. We're here to serve you and make your visit with us an enjoyable and convenient stay. Guests receive maps of the installation and local community, a list of local places of worship, doctors, dentists, and other essential services.

## AMENITIES

Air conditioning, heating unit, satellite TV, DVD player(upon request), telephone with free local calls, internet access, housekeeping services, toiletries, refrigerator, microwave, laundry facilities, in-room complimentary coffee, hair dryer(in Bldg. 1150 only), iron and ironing board, and much more.

## SORRY, NO PETS

**Reservations can be faxed or by phone.**

1151 12th Street

Dublin, CA 94568

**Reservation:** (925)803-5326

**Fax:** (925)803-5444

**Toll Free:** (866)649-8925



## ROOM RATES

- **\$62.00** King-size with private bath
- **\$51.00** Queen-size with private bath
- **\$51.00** Queen-size twin with private bath
- **\$62.00** Two-room suite with private bath and living room
- **\$33.00** Queen-size with shared bath (for single occupancies only)

*\*Kitchenettes, cribs, and roll-away beds are available upon request.*

## PRFTA Lodging

1151 12th Street

Dublin, CA 94568

**Reservation:** (925)803-5326

**Fax:** (925)803-5444





Family and MWR  
Recreation Center, B521 Mitchell  
(925) 829-1912  
Hours of operation  
Sunday-Thursday 1100 - 2100  
Friday & Saturday 1100 - 2300

### HERE ARE JUST A FEW THINGS WE OFFER!!

- Internet/WIFI Access
- Equipment Rentals
- Facility Rentals
- RV Storage Space Rentals
- Bicycle and DVD Rentals
- Discounted Movie Ticket Sales
- Big screen TV's with Cable television
- Arcade with numerous games
- Ping Pong, Billiards, board games.
- Library Area
- Televised Sports Games
- Free Comedy Club Tickets
- Facility Rentals

Parks Family and MWR  
Recreation Center

Our friendly Staff:  
Ms. Michelle Decker  
Ms. Audrey Millar  
Ms. Tram Vu

For more info contact :

Family and MWR Recreation  
(925) 829-1912  
Or



# May 2012 Family and MWR Recreation Center Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Catch all the new movie releases.</p> <p>Get your discount movie tickets here!</p>	<p>Looking to store your RV, or Boat? Contact us. Spots available Now! Affordable prices</p>	<p>1</p> <p>Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base</p>	<p>2</p> <p>Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base</p>	<p>3</p> <p>Come play a game of pool.</p>	<p>4</p> <p>Movie &amp; Popcorn</p>	<p>5</p> <p>Mayweather VS Cotto</p> <p>Begins at 1930</p>
<p>6</p> <p>MILITARY APPRECIATION MONTH</p>	<p>7</p> <p>Free Bike Rentals 7 days a week!</p>	<p>8</p> <p>Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.</p>	<p>9</p> <p>Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.</p>	<p>10</p> <p>Why miss out on your favorite TV shows - we have cable!</p>	<p>11</p> <p>Movie &amp; Popcorn</p>	<p>12</p> <p>Want to throw a BBQ? Rent our Patio Area!</p>
<p>13</p> <p>MOTHER'S DAY</p>	<p>14</p> <p>3 DVD's for \$1.00 All day long</p>	<p>15</p> <p>Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.</p>	<p>16</p> <p>Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.</p>	<p>17</p> <p>FREE WIFI</p>	<p>18</p> <p>Movie &amp; Popcorn</p>	<p>19</p> <p>Peterson VS Khan</p> <p>Begins at 1800</p>
<p>20</p> <p>Come play old school Arcade Legends games</p>	<p>21</p> <p>Looking for a place to host a party? Unit function? Use our facility! Ask us about rates.</p>	<p>22</p> <p>Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.</p>	<p>23</p> <p>Asian Pacific Heritage Month Event 1130 Post Chapel</p>	<p>24</p> <p>Sports Equipment Rentals</p>	<p>25</p> <p>Movie &amp; Popcorn</p>	<p>26</p> <p>Texas Hold 'Em Game</p> <p>Begins at 1800</p>
<p>27</p> <p>Looking to host a party? Rent our Sports Bar area in advance!</p>	<p>28</p> <p>MEMORIAL DAY OBSERVANCE</p>	<p>29</p> <p>Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.</p>	<p>30</p> <p>Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.</p>	<p>31</p> <p>Need a quiet place to study? Come to the Rec Center!</p>		





# PRFTA Family & MWR Fitness Center BLD#303, Activities Calendar MAY 2012

## Fitness Center B303 Hours of Operation

Monday through Thursday  
0500-2000

Friday  
0500-1800



Saturday/Sunday  
0530-1400

### \*\*\*NEW FY2010 EQUIPMENT\*\*\*

- SPIN BIKES
- Treadmills
- Bike Trainers
- Precor Cross Ramps
- Summit Trainers
- Hammer Strength Stations
- Tuff Stuff
- Life Fitness Universal Gym
- Life Fitness Cable Crossover
- Free Weights-plates, benches, bars & dumbbells
- Boxing bag & gloves

### FITNESS STAFF

KEVIN McKENNA  
Manager  
LORRAINE THORSON  
Assistant Manager  
STEPHANO MARTINEZ  
Rec. Aid  
COLLEEN JOZAITIS  
Rec. Aid  
CHRISTOPHER PAHIA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>NATIONAL MILITARY APPRECIATION MONTH</b>		<b>1</b> <u>INSTRUCTOR</u> INTERVAL TRAINING @1130	<b>2</b> <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>3</b> AERO-STEP-N-SCULPT @1130 <u>Martial Arts Class</u> TH 1800-2000	<b>4</b> Free Blood Pressure & Body Fat Assessment	<b>5</b> SPIN CLASSES!!! 0800-0900 & 0915-1015
<b>6 MILITARY SPOUSE DAY!!!</b>  Open 0530-1400	<b>7</b> <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>8</b> <u>INSTRUCTOR</u> INTERVAL TRAINING @1130	<b>9</b> <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>10</b> AERO-STEP-N-SCULPT @1130 <u>Martial Arts Class</u> TH 1800-2000	<b>11</b> Free Blood Pressure & Body Fat Assessment	<b>12</b> SPIN CLASSES!!! 0800-0900 & 0915-1015
<b>13</b> 	<b>14</b> <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>15</b> <u>INSTRUCTOR</u> INTERVAL TRAINING @1130	<b>16</b> <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>17</b> AERO-STEP-N-SCULPT @1130 <u>Martial Arts Class</u> TH 1800-2000	<b>18</b> Free Blood Pressure & Body Fat Assessment	<b>19</b> SPIN CLASSES!!! 0800-0900 & 0915-1015
<b>20</b>  Open 0530-1400	<b>21</b> <u>INSTRUCTOR</u> Spin Class 1700-1800 ARMED FORCES DAY	<b>22</b> <u>INSTRUCTOR</u> INTERVAL TRAINING @1130	<b>23</b> <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>24</b> AERO-STEP-N-SCULPT @1130 <u>Martial Arts Class</u> TH 1800-2000	<b>25</b> Free Blood Pressure & Body Fat Assessment	<b>26</b> SPIN CLASSES!!! 0800-0900 & 0915-1015
<b>27 MEMORIAL WEEKEND</b> Open 0530-1400	<b>28</b> OPEN 0530 to 1400 -NO- SPIN CLASS	<b>29</b> <u>INSTRUCTOR</u> INTERVAL TRAINING @1130	<b>30</b> <u>INSTRUCTOR</u> Spin Class 1700-1800	<b>31</b> AERO-STEP-N-SCULPT @1130 <u>Martial Arts Class</u> TH 1800-2000	